Ontario POTATOES

Ministry of Agriculture and Food
ONTARIO
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Potatoes are an important component of the well balanced diet. A medium potato, baked or boiled, is an excellent source of vitamin C, yet provides only approximately 100 calories.

Selection and Storage

Choose firm potatoes, free from cuts, wrinkled skin or green areas. To prevent potatoes from turning green or developing a bitter taste, store in a cool, dark, ventilated area. Mature potatoes will keep this way for up to one month. At room temperature, mature potatoes keep 7 to 10 days; new potatoes for 4 to 5 days. Refrigeration will cause undesirable flavour and colour changes; high temperatures will result in sprouting.

Ontario Potatoes - Basic Preparation

For best flavour and texture, remove potatoes from cool storage and leave at room temperature for 1 or 2 days before cooking. When ready to cook, cut away any green or damaged sections. To retain most nutrients, avoid soaking in water and peel only when necessary. Use cooking water for soups and gravies.

To Boil

Cook, covered, in 1 inch (2 cm) of boiling water until tender. Drain.

To Steam

Put potatoes in a steamer basket over boiling water. Cook, tightly covered, until tender.

To Bake

Wash and dry potatoes. Prick skin with a fork. For a soft skin, rub with butter. Bake at 425°F (220°C) 40 to 50 minutes or 350°F (180°C) 55 to 65 minutes.

To Oven Roast

Parboil peeled potatoes for 10 minutes. Drain, arrange around roast, 45 minutes before roast is done. Baste frequently with meat juices.

Cheesey POTATO BISCUITS

Use leftover mashed potatoes to make these tasty biscuits.

1½ cups	mashed potatoes	375 mL
¼ cup	melted butter	50 mL
2 cups	all-purpose flour	500 mL
2½ tsp	baking powder	12 mL
½ tsp	baking soda	2 mL
1 tsp	salt	5 mL
⅓ cup	buttermilk	75 mL
¼ cup	grated cheddar cheese	50 mL

Mix potato and butter together in large bowl. Combine flour, baking powder, baking soda and salt together and add to potato. Stir in buttermilk and mix well to form soft dough. Knead on floured board 12 times. Roll out to circle ½ inch (1 cm) thick. Cut into biscuits with cookie cutter. Sprinkle with grated cheese. Bake at 450°F (230°C) 10 to 12 minutes. Makes 12 two-inch (5 cm) biscuits.

Crispy POTATO RÖSTI

4	large Ontario Potatoes	4
1	medium onion, chopped	1
½ tsp	salt	2 mL
⅛ tsp	pepper	0.5 mL
½ tsp	nutmeg	2 mL
4 tbsp	melted butter	50 mL

Cook potatoes for only 10 minutes, following method described under "To Boil." Cool potatoes to room temperature, at least 2 hours. Grate potatoes by hand and mix with onion, salt, pepper and nutmeg.

Place 2 tbsp (25 mL) butter in 8-inch (20 cm) non-stick skillet. Add potato mixture and flatten to cover bottom of skillet. Over medium heat, pan fry 10 minutes, or until bottom surface is well browned. Shake pan frequently to prevent sticking. Slide rösti, all in one piece, onto large plate. Cover with plate of identical size and carefully flip. Add remaining butter to skillet. Slide rösti, browned side up, back into skillet. Cook the same as for first side. Slide onto serving platter and cut into wedges. Makes 4 servings. (Recipe featured on cover).

CHILLED POTATO
Mint Soup

2 tbsp	butter	25 mL
2	medium onions, chopped	2
4	medium Ontario Potatoes, peeled and diced	4
1 can	(10 oz/284 mL) chicken broth	1
1½ cups	water	375 mL
½ tsp	salt	2 mL
⅛ tsp	white pepper	0.5 mL
1 tsp	dried mint leaves	5 mL
½ cup	milk	125 mL

Melt butter in large saucepan. Add onions and cook 5 minutes, until softened. Add potatoes and stir to mix with butter and onions. Stir in chicken broth, water, salt, pepper and mint. Cover and simmer 20 minutes, or until potatoes are thoroughly cooked. Purée soup in blender or food processor until smooth. Pour in large bowl. Stir in milk and chill. Makes 5 one-cup servings.

Variation: soup may also be served hot.

White Wine POTATO SALAD

1½ lbs	Ontario New Potatoes (10 to 12)	700 g
½ cup	Ontario white wine	125 mL
1 tsp	salt	5 mL
1 tsp	dried thyme leaves	5 mL
⅛ tsp	pepper	0.5 mL
½ cup	chopped celery	125 mL
4	green onions, chopped	4
2 tbsp	sour cream	25 mL

Cook potatoes, without peeling, following method described under "To Boil." Cut potatoes into quarters and place in shallow pan. Mix wine, salt, thyme, and pepper. Pour over potatoes and marinate at room temperature 2 hours, turning frequently. Remove potatoes and place in salad bowl. Add celery and green onions. Stir sour cream into marinade and pour dressing over potato mixture. Toss gently. Makes 4 servings.

HOT POTATO
Apple Salad

4	medium Ontario Potatoes	4
4	slices bacon, diced	4
1	medium onion, halved and sliced	1
1 cup	sliced mushrooms (10 medium)	250 mL
2	apples, cored and diced	2
⅓ cup	cider vinegar	75 mL
2 tbsp	water	25 mL
1 tbsp	sugar	15 mL
½ tsp	dried marjoram leaves	2 mL
⅛ tsp	pepper	0.5 mL

Cook potatoes following method described under "To Boil." Slice and put in large bowl. Cook bacon in small saucepan until crisp. Drain on paper towel and add to potato slices. Sauté onion and mushrooms in bacon fat until barely softened, 2 to 3 minutes. Remove from fat and add to potato slices. Add apples to potato slices. To remaining bacon fat in saucepan, add vinegar, water, sugar, marjoram and pepper. Simmer 5 minutes. Pour over potato mixture and toss to combine all ingredients. Serve immediately. Makes 4 servings.

NEW POTATOES
and Tangy Dill Butter

1½ lbs	Ontario New Potatoes (10 or 12)	700 g
⅓ cup	butter	75 mL
1 tbsp	lemon juice	15 mL
1 tsp	horseradish	5 mL
½ tsp	salt	2 mL
¼ tsp	dried dill weed	1 mL
⅛ tsp	pepper	0.5 mL
2	green onions, chopped	2

Cook potatoes, without peeling, following method described under "To Boil." Place potatoes in serving bowl. Keep warm. In a small saucepan, melt butter and stir in lemon juice, horseradish, salt, dill weed, pepper and green onions. Simmer over low heat 2 minutes. Pour over potatoes. Makes 4 servings.

FOODLAND ONTARIO

Garlic

SAUCED POTATOES

4	medium Ontario Potatoes	4
1	egg	1
1 or 2	cloves garlic, finely chopped	1 or 2
½ tsp	salt	2 mL
¼ tsp	dry mustard	1 mL
⅛ tsp	pepper	0.5 mL
⅛ tsp	curry powder, optional	0.5 mL
2 tbsp	vinegar	25 mL
½ cup	vegetable oil	125 mL

Cook potatoes following method described under "To Boil." Place potatoes in serving bowl and keep warm.

To make sauce, beat together egg, garlic, salt, mustard, pepper, curry powder, and 1 tbsp (15 mL) vinegar. Add ¼ cup (50 mL) vegetable oil, one drop at a time, beating constantly. Very slowly, beat in remaining vinegar and oil. Serve sauce over cooked potatoes. Leftover sauce may be kept in refrigerator for up to three days.

Variation: This sauce is also delicious served over baked potatoes.

POTATO DELI

Salad

6	medium Ontario Potatoes	6
1	medium carrot, grated	1
1	small onion, chopped	1
1 cup	cubed salami	250 mL
½ cup	sliced sweet gherkins or sweet pickles	125 mL
¾ cup	mayonnaise	200 mL
¼ cup	milk	50 mL
1 tsp	salt	5 mL
½ tsp	dry mustard	2 mL
¼ tsp	dried tarragon leaves	1 mL
⅛ tsp	pepper	0.5 mL

Cook potatoes following method described under "To Boil." Cool and dice. In a large bowl, combine potatoes, carrot, onion, salami and gherkins. In second bowl, mix mayonnaise, milk, salt, mustard, tarragon and pepper together. Pour over potato mixture and toss gently to combine all ingredients. Chill. Makes 6 servings. Can be stored in refrigerator overnight.

Crispy

POTATO SKINS

4	large Ontario Potatoes	4
2 tbsp	melted butter	25 mL
	salt and pepper	

Bake potatoes following method described under "To Bake." Cool potatoes slightly and cut each into 4 wedge-shaped pieces. Remove one-half of potato pulp from each wedge and reserve for another use. Place wedges, pulp side up, on a baking sheet and brush with melted butter. Sprinkle with salt and pepper. Return to oven and bake at 425°F (220°C) 10 minutes, or until crispy. Makes 4 servings.

Top with one of following fillings:

Spicy Tomato

½ cup	ketchup	125 mL
½ cup	chili sauce	125 mL
½ tsp	horseradish	2 mL
¼ tsp	chili powder	1 mL
¼ cup	grated Parmesan cheese	50 mL

Mix all ingredients except cheese. Spread 1 tbsp (15 mL) on each wedge. Sprinkle with cheese. Bake at 425°F (220°C) 10 minutes.

Creamy Cheese

1 cup	sour cream or yogourt	250 mL
4 slices	bacon, cooked and crumbled	4
½ cup	grated cheddar cheese	125 mL

Spread 1 tbsp (15 mL) sour cream or yogourt on each wedge. Sprinkle with bacon and cheese. Bake at 425°F (220°C) 10 minutes.

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Good things grow in Ontario.

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